



American Heart Association®

Heart and Stroke Walk™



2020 COACHELLA VALLEY HEART & STROKE WALK DIGITAL EXPERIENCE

11.21.20 | #CVHEARTWALK | [REGISTER](#)

Get ready to lace up and *Heart Walk* like never before! This year the Heart & Stroke Walk goes digital, which means you'll be able to choose how, where, and when you walk, dance, cycle, or even stretch your way through the day! Find ways to get active at home or in your neighborhood and share your photos and videos on social media using the hashtag #CVHeartWalk.

Are you ready? Let's get moving!

Participate in interactive
[Zoom Workshops](#)

Join the conversation on the
[Coachella Valley AHA
Facebook Page](#)

- 8:30AM Stretching & Music Therapy Warm Up
- 9:00AM Walking Together Activities
- 9:30AM Mindful Meditation
- 10:00AM Celebration of Dance
- 11:00AM The Art of Cooking

- 9:00AM - 10:00AM Opening Ceremony & Social Media Interaction

How are you moving?

Will you walk, run, swim, or dance? The best part of this digital experience is that you can **MOVE** however you want and wherever you are. So get that heart pumping!

No matter where or how you move, join us on Facebook throughout the 9 o' clock hour to take part in interactive posts to see how your team and other members of the community are pledging to be Healthy for Good.

ALL DAY Keep finding ways to move more throughout the day and share on social media using the hashtag #CVHeartWalk

Thank you to our interns and volunteers for leading the Zoom Workshops!

Can't be part of these digital activities? No problem! You can show your support by walking where you are and [making a donation](#).

Thank you to our generous sponsors:

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